

Clavis Medicinæ

OR,

A New METHOD of

PHYSICK.

SHEWING

Divers Rare and Special

Remedies for most

DISEASES.

Likewise an Excellent way
to Cure the GOUT, and to Dis-
solve the STONE.

By *Jeremiah Leve*, Doctor of Physick.

Eccius. 3.

*The greater thou art, the more humble thy self: For my-
series are Revealed to the meek.*

LONDON,

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Special Agents

Likewise an Excellent way

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1788:17

Dr. J. J. ...

To the READER.

Amongst all the Arts and Sciences professed in the World, there should none be preferred before the Art of Physick; I cannot but wonder, that so Excellent an Art, and so great a benefit sent from God our Creator, should be so little Regarded; but the Reason is, most men do not know the value of that great Jewel, Health; if they did, they would cry out, with the Poet, *O Beata Sanitas, te presente Amænum gratis ver floret: Absq; te nemo Beatus.* For what is Man, if he have not his Health? These Bodies of ours are frail and weak, and Subject to many kinds of Infirmities; and I suppose all will confess, that the Art which removes and eases these Torments, should be worthily esteemed, and well regarded.

I have (gentle Reader) for some years lost the Practice of Physick, being Aged; and now content my self with that Estate where-with God hath blessed me withal. My Conscience tells me that I am bound in Duty not to bury in Oblivion this Talent, which was lent to me for a time, but to Publish it, to benefit my Country.

My meaning is, not to write of all Diseases, but of those onely, in the which I have had the greatest Experience. And (desiring to be more plain) both in the Description, and like-

To the Reader.

wise in the Cure I digress from most Authors: yet I would not have you rashly to Condemn me for I have found the Old Galenical way uncertain, and the Chymical no way safe; and for the sure Rules of Astrology, who can find? A way that is best and safest I do intend to Inform you. And likewise considering how common Diseases the Gout and the Stone is; and how little help the parties grieved have, or of long time had by those usual means used in these our days I did endeavour my self with all study and Diligence, to find out some special means which might far Excell those Remedies now daily used for the Cure of these grievous Diseases; I thought good to publish the same, to the relief of many which are troubled with those Infirmities, and in such sort as it shall appear unto the World, that I rather seek herein to benefit my Country than any private gain to my self. And for the Cure of these Diseases, I have devised that way, that any Man so Diseased may have such ease with small Charge, as I dare boldly avouch cannot be had by any usual means: And withal let me beg of you, as I have been willing to divulge these Secrets to do you good, so look upon your indigent Brethren, that Almighty God may bless you, and make the means effectual to you, which shall be the Prayers of your real Friend whilst he is in the Land of the Living.

J. LOVE

The Practice of PHYSICK R E F O R M E D.

C H A P. I.

HE that Observeth a good Dyet, and Moderately Exerciseth his Body, needs little Artificial Physick; for these, after a sort, are Contraries. The one preserves the Body of Man fresh and free from withered Corruption; the other Offendeth Nature. The one prolongs Life, as Oyl in a Lamp: The other causeth it to sparkle for a time, but suddenly to extinguish. And therefore formerly our wise Physitians scorning to waste their Fortunes by the Ruines of their Distressed Patients, have left unto after-Ages memorable Rules of Dyet, which themselves practised, and thereby attained to the full period of Matures Race, free from violent sicknesses, as was verified by *Hippocrates*, who lived above an hundred Years, and likewise *Alexander*, who Lived above seven score, which likewise came to pass by their Temperate Dyet.

All you that love your Healths follow *Galen's* Golden Rule, let not the sweet baits of sin allure your Pallats, force the overthrow of your Souls Palaces, the Habitation of the Holy Ghost : Remember that long Life relies most on the restrained Throat, and the sweetest Health stands on the sparing Hand. For as much as we are all frail and subject to Corruption, and many are the Diseases which the Justice of God hath heaped upon Man for sin, I thought it my Duty to Publish this small Treatise, seeing the lamentable need most People may stand in, especially finding this Age full of deceit.

My Friends, I shall lay open to the meanest Capacity, the Causes, Symptoms, and Signs of most Diseases of the Body, and likewise the choicest and select Remedies for the perfect and speedy Cure of them, by what grows in our own Country.

First, I here declare unto thee an Apozem, which I have made choice of this many years, for the best and safest working, and the good success of it : A Medicine so prepared and corrected, that it doth (without any danger, pain, or molestation of the Body whatsoever) evacuate and carry off all Corruption and filthy humours out of the Body. The vertue of this Apozem being so wonderful, and so well pleasing to the Stomachs of all those that ever took thereof

thereof, that I shall do my Country much wrong, if I should any longer keep from them so great a Treasure.

I have delivered my Bill for the making of this my Apozem, onely to Mr. *Reuben Fisher*, Chirurgion, who Lives near *Barnaby-street*, in *St. Olaves Parish, Southwark, London*. For that I have made long tryal of his just and honest dealing, and of his Excellent skill in his Profession.

And I have Named this Apozem, *Panax Anglia*, a Drink so pleasant and delightful to any Mans Palate. as Beer or Ale is, and what will keep a whole year and longer in full force and vertue.

I have thought fit to shew the causes why I have not published the way of making this Apozem, for many may think I have a yearly benefit by the same, and so for my own gain I keep it from the People, which is most untrue; for (as I have a Faith to God) he that makes it hath the whole profit thereof, neither is there any reason, any man should grieve thereat, for these reasons following. 1. Because the Composition of Medicines belongeth properly to those that were brought up in that Profession, and it is necessary they should reap the benefit. 2. The Ignorance of most People in choosing the Ingredients, wherein is such skill, that the Apothecary himself, (except he hath great

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judgment) is often deceived. 3. Their Ignorance in making this Apozem, if they had good Ingredients: For this Apozem requires much Curiosity in the preparing, and will continue one whole year in perfect strength and vertue: And if any man will carry it far, let him signifie so much to the maker of it, that it may be provided on purpose to keep longer. A Medicine contrary to the Nature of other Potions, which we daily see, will not continue good three days: And that the Poor may reap the benefit of this Medicine as well as the Rich, I have ordered it to be sold only at the rate of five shillings a pint: And you shall find this Apozem effectually to Cure (by God's blessing) divers Diseases of the Head; red, sore, and watry Eyes; cleanseth the Stomach of all filthy Corruption, and causeth a good Appetite, and helpeth Digestion. It is good against Catarrhs and Rheum, Obstructions of the Lungs, Cough and shortness of Breath, Heart burning.

It cleanseth them that have the Itch, Scabs, or Biles, and prevents the Small Pox and Measles: It helpeth the Colick, and those that are troubled with Wind; the Black and Yellow Jaundies, Inflammations of the Liver, Obstructions of the Spleen, Green-Sickness; excellent in all Fevers, a preservation against the Gout and the Stone, and divers other Diseases: And the

way of taking it is set down in every particular Chapter.

C H A P. II.

IF any man should think it strange, or as it were impossible, that one Medicine should be good for so many Diseases; Know this, that our old excellent Writers, being Fathers of Physick, have left their Monuments of Learning to us, which shew us divers Confections, some purge Choler, some Flëgm, and some Melancholy; so that we must all conclude that they are good in all cholerick, flegmatick, and melancholick Diseases; so after their manner have I invented this incomparable Apozem.

And although all our Fathers of Physick being excellent men, have left their Receipts behind, for Composing of all sorts of Physick, for all Constitutions and Complexions, yet I trust, we, who as it were stand upon their shoulders, may see farther than they, if we do strive and be Industrious in those Studies.

Now, if we give this Apozem to strong Bodies, we give a greater quantiry, and oftner; in weak Bodies, less is required.

If we are to Cure the Head or Stomach, we order to take our Apozem an hour before they rise,

rise, that it may continue the longer in the place where the Corruption is, and so it will work effectually; whereas if one walketh presently after the taking of it, it slippeth away, being liquid, and leaveth the work undone.

Wherefore this Apozem being of a thint substance, gathers it self easily with the Corruption which it findeth in the Stomach, and dissolves the same; whereas Pills, and other Compositions, require first to be dissolved themselves, which is a great trouble to Nature, and so many times works upon Nature two or three days after, leaving bad Symptoms behind them, which you shall never find by taking this my Apozem.

My Friends, there is a Disease wherewith many foolish wantons of this Nation are troubled, for (not minding the help of Nature) if they feel never so small a pain, they must presently take Physick, untill they have so filled their Bodies with Drugs, that they are sicker of their Physick than of any Disease.

Now, in this Distemper, a little more wit will be a present help; for then they will have heavier Purses, lighter Hearts, and sounder Bodies.

But if you will take Physick, I pray take two Spoonfuls or more of my Apozem in a Glass of Ale or Wine two or three Mornings in a week; this will keep your Body soluble,
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cleanse your Stomach, opens Obstructions of the Liver and Spleen, strengthens the Heart, and makes a man merry and chearful about his Employment; it preserves the Memory, and makes the Senses perfect, and is excellent good for Womens weak Backs, and the most familiar Medicine in the World to cleanse the Body of Corruption.

CHAP. III.

Directions.

1. **C**ONCERNING the taking of this my Apozem, you need not be so strict in keeping your Chamber, as you do in taking other Physick; you may walk abroad, if your Distemper will permit you, but keep your self warm, and forbear drinking.

2. You may take it any time when you find it requisite, either hot or cold, as your Stomach can bear it.

3. Children must take little, for a small Vessel is sooner emptied than a great, and likewise the humours are more fluxible.

4. Those that are full of ill humours may take it a week or more, both Spring and Fall.

5. Always take somewhat that is warm, in
two

two hours after, for it will help the Operation of the Medicine.

6. If it work not the first time, you may take more the next day safely. And if thy Body be always loose, take the lesser quantity.

7. A spoonful of this Apozem will in most Bodies give one stool; now you may take three, or four, or five or more spoonfuls at a time, as you think fit.

8. When you take this Apozem, abstain from hot Spices, salt Meats, and raw Fruits, and green Herbs, and all cold things.

9. Take it not every Change and Full of the Moon, in which are contained the Eclipses. For the Eclipse of the Sun is but the Change of the Moon, (although of more force than the Ordinary Change) neither the Eclipse of the Moon, other than the perfect Opposition or Full.

10. Likewise Women with Child may safely take it, if Necessity urgeth, even for a week together, and it is excellent for Infants new born, if sickly.

CHAP. IV.

1. **T**HE Head-ach proceeds from many Causes, as sometimes from Heat, and sometimes from Cold, both which being known, is easily prevented; so that they happen seldom, and do not stay long.

2. The Head-ach proceeds from fulness, when men live idly, and fill their Bodies excessively, as like a Bladder blown up.

3. The Head-ach proceeds from filthy corrupt humours, which abound in great quantity in the Body, which two last are thus perfectly Cured, as easie as a man can wash his hands with a Basen of Water.

Take four or five Spoonfuls of this my Apozem every morning for six or seven days together; for so by that means thou shalt cleanse thy self of all filthy Corrupt Humours that remain in thy Body.

After the same manner is Cured the Giddiness of the Head; and red, sore, watry Eyes.

4. The Head-ach proceeds sometimes from the fume of Corrupt Humours, and not from the Humours themselves; for the Corruption lying long in the Stomach, casteth up to the brain evil vapours, which offend it, it being of all parts most sensible. ; For

For the Cure of which,

Take four spoonfuls of this Apozem an hour before you rise, and sleep not; so do it for three days.

5. The Head-ach comes by reason of the Excrements tarrying too long in the Body; for when thou hast taken thy Dinner, or the like, first, Nature taketh to its self for nourishment the thin and purest part, and leaves the rest as gross and corrupt; and then these Excrements tarrying longer than usual, send noysom vapours to the Brain, and offend it; so that he that is much costive, can never be long in Health.

For the Cure of which,

Take such a quantity of this Apozem as will give thee one stool a day more than Ordinary; and likewise take a spoonful an hour before Supper: For in so doing thou shalt toll Nature to do her work without help.

CHAP. V.

For Red Faces, Pimples, and other Corruption arising in them, and likewise the Morphem.

IT is a strange thing, that the Face, which is the grace and beauty of a man, should be

so greatly disgraced by Corrupt blood, and all the rest of the parts of the Body clean and fair: The common saying is, The Liver is inflamed, which in many I think is the onely cause, some have it from their Parents, and some by drinking and sotting; and others that are mighty bashful, and their blood being corrupt withal, so the blood hath oft recourse to their Faces, as a witness to testifie, and so returning away suddenly, leaveth some gross corruption behind, which Nature there casteth out.

For Remedy of this grief, I have sought many things, but untill of late, I never found any which I did account of except this ensuing, which without question is of wonderful force against the same.

First, for four days take six or seven Spoonfuls of this Apozem, which will draw the course of humours from the Face; and then I prescribe thee an Oyntment, called *Unguentum Splendidum*, which is admirable good for the same, you shall have it made by Mr. Fisher aforesaid. And pray use it after this manner: Anoynt your Face where the Pimple, and corrupt blood lodgeth, every Night gently with this Oyntment, cold with your finger; the next morning moisten your Face with a little new Milk, and wipe it gently; use this way a fortnight, and you shall find an alteration. After the same manner you may Cure the Morpew,

Morphew, for it cleanseth and purifieth the skin wonderfully.

CHAP. VI.

For the Itch and Scabs, Biles, &c. Leprosie, Small Pox, Measles.

SOME are troubled with this, having it by Nature from their Parents, some by long and bad Diet, others by Infection, as by keeping Company with those that have their Bodies inclined to Biles, Scabs, and Itches.

Now, I will shew thee Art it self, as it was at first Instituted, and thou shalt as easily Cure this Distemper by small means, as when thou art a dry to drink a Cup of Beer to quench thy thirst.

First, Take this Apozem about six spoonfuls every morning for three days; and take something that is hot two hours after. The fourth day take of white Briony-Root half an Ounce, a sprig or two of Mace, boyl this gently in a pint of Ale, strain it out, and sweeten it with Sugar, drink a good draught of this well warmed in thy Bed, and sweat three or four hours upon it, and in thy sweat drink off the rest of the Pint hot, if a Child, less, as

Age

Age doth require: Use this way three days together, and longer, if the Disease have been of long continuance; and let the Patient in sweating rub his Body with warm Cloths, to take such Corruption as cometh out by sweating: After this manner the Scabs will fall off miraculously.

You may Cure the Leprosie, all Scald Heads, Scurfs, and likewise prevent any one from having the Small Pox or Measles, that they shall not have them at all.

C H A P. VII.

For a Cough, or shortness of Breath. For Surfeits by taking Heat and Cold. For People that are very flegmatick, and stuffed up with Flegm, and for those that are entring into a Consumption.

MY Brethren, we all know that Cold is most commonly the Original of most Diseases; for if the Body be full of gross corrupt Humours, having taken a great Cold, presently there ariseth a putrid Fever, sometimes malignant, and sometimes Pestilential. Now judge you, if a Medicine will disburthen and carry out of the Body this Corruption,

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without weakning of Nature; and in the highest Fevers, I trust you will grant to me it is the only means to be used.

Then take two Spoonfuls of this my Apozem every day in the Morning, or if occasion permit, once in two days: this will, I will assure you, unlade the Body sweetly of this Corruption.

And now I will give thee a Pectoral Drink, which thou mayst drink as often as thou wilt, which will quench thy thirst, bring thy Body to its Natural heat, and Cure thee of thy Cold.

Take of Coltsfoot an handful, Hysop half an handful, Angelica-Roots bruised 2 drams, Liquorish scraped and bruised two ounces, Annised half an Ounce: Boyl this in two quarts of Spring-water gently half an hour, strain it out, and put two ounces of Syrup of Limons; drink freely of it warm when occasion serves: By taking this Pectoral Drink hot, mornings and evenings, the slegm will come up easily, and is a wonderful Preserver for the Lungs, keeping them from putrefaction.

Now, good People, there are many in this City of *London*, that are troubled with the shortness of breath, and have their Lungs very dry, so that it is a continual pain and labour for them to breath, or as the saying is, to fetch their wind: First, I advise them to take for three or four days, three or four spoonfuls of

this

this my Apozem, which will cleanse the inward parts of most of the Corruption; then take this Pectoral Drink named before, in this manner following.

Take a quarter of a pint of the Pectoral Drink, and put therein the Yolk of a New laid Egg, and drink it fasting, and fast an hour after after it: If thou hast been troubled with this grief many years, by using the Medicines so, will open and moisten thy Lungs, and help thee: You cannot use it too long, for it is both Meat and Medicine. After the same manner are Cured all those that are entring into a Consumption: But with this Proviso, they must abstain from all Spices, Salt Meats, and all Wines, for they fret and inflame their Bodies, and withal let them take care they over-heat not their Bodies with any violent Exercise, that they strain not their Lungs by violent Coughing; wherefore avoid all Chestnuts, and all raw fruits, as inimical to them; for this Disease is difficult, and therefore great care is to be used in their Diet, &c.

Now, if any man by violent Exercise heat his body excessively, and when he is so hot, suddenly cool himself by drinking, by rest, or any other ways, so that this man falleth sick even unto death, and if he escape, he remaineth weak and sickly during his life: Now, my Friends, Nature misliketh nothing more than a sudden

change from one contrary to another ; to wit, from heat to cold. Wherefore I conclude by reason and Experience, that the best way to Cure a man in this Extremity, is to bring his body orderly again to the same heat wherein it was when he took cold, which thou shalt do after this manner.

Take half a Pint of the afore-named Pectoral Drink, and dissolve in it one dram of Venice-Treacle, let the Patient drink half of it hot fasting, and sweat four or five hours upon it, and in his sweat let him drink the rest, and be sure abate his sweat very gently, and beware he take no cold : For three mornings afterward let him drink a quarter of a pint, with half a dram of Venice-Treacle, hot two hours before he rise, and keep his body warm without sweating. But if the party have been long sick, and so weak that he is not able to sweat as before, then assure your selves there is little hopes of Life.

Note, that if the party be costive, give him two or three spoonfuls of my Apezem, for that will ease and disburthen Nature, and let him drink some warm Broth or Water-Grewel an hour or two after.

C H A P. VIII.

For the Heart burning.

I Shall content my self (as most People call it) with the ordinary name of this Disease, which belongs not to the Heart, but only to the Stomach; and those who are troubled with this Disease, are commonly at ease after they have eaten, but after Digestion they feel a continual heat or bitterness in the mouth of their stomachs: they often are troubled with belching, and sometimes an inclination to vomit. It continues long in some People, and in others it comes every foot, especially by eating Fat, Salt, and Cholerick Meats.

For Cure,

First, Forbear those Meats and Drinks after which thou art most troubled, for I will assure thee they will not make good Blood, and then you see Nature will not like it: For if good Dyet will help thy Distemper, never take Physick for the same: but if thy long evil Diet hath laden thy stomach with Hot, Salt, and Cholerick Humours, which do cause this heart-burning, (as 'tis named.)

Then take five or six spoonfuls of this
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my Apozem every morning for three days, an hour before you rise, and so thou shalt cleanse thy stomach perfectly, which will be a perfect and speedy Cure.

CHAP. IX.

For the Cholick and Wind, gnawing of the Stomach and Guts, and all Corruption that causeth Wind.

ALL these Distempers proceed from corrupt & filthy slimy Humours, which stick to the inner part of the stomach, and the Intestines. Now, the common course of People when they are afflicted, is this, they boyl in some wine, Pepper, Ginger, and other hot Spices, and all hot Seeds, which is meer madness, for these hot things are more proper to warm a cold Stomach, & make it apt to digest, being moderately used, than to cleanse it being full of Corruption, and these hot things are only proper for Old People that have their natural heat decayed, so that Nature faileth; wherefore we are forced to seek help by Art.

Now, I pray hear a little Reason, and follow Experience, her Lady and Governesse: Take five or six Spoonfulls of this my Apozem,

if the Party be any thing strong, or else less, and so do five or six days, and thou shalt see that it will cleanse thy Stomach and Intestines of all their filth, and thou shalt be perfectly Cured. And for the future I would advise thee to avoid all windy and slimy meats, that thou mayst prevent those Diseases.

C H A P. X.

For Surfeiting by over-eating.

SOME men, by long fasting, coming to dainty Fare, such as they are not used to eat, being very hungry, eat over much, and cloy Nature, so that Nature refuseth any digestion, as a man having a burthen too heavy for him to bear, does not so much as offer to lift it: This Distemper proceeds from quantiry; so likewise the evil qualities of Meats do cause a man to surfeit, as Meat not roasted: So likewise Fresh Herrings, Fat Pyes, heavy Cake-bread, and the like, causeth great sickness.

For the Cure of these,

If the Matter of the Disease lodgeth still in the Stomach, give him a draught of warm water, with two spoonfuls of Sallet-Oyl, which will cause him to vomit: If it work not quick-

ly, help it with your finger by thrusting it to your Throat, and after vomiting, give him some hot Broath, and let him for three or four days eat not much in quantity, and likewise what is hot, and of good digestion.

But if this matter hath passed the Stomach without vomiting, and there be little or no digestion, so that now a vomit will do no good:

Then take half a pint of Canary-Wine, and burn it with a sprig of Rosemary and some Mace, and put in it two drams of *London-Treacle*, and some Sugar, and drink it off in a morning hot, and sweat three or four hours in his Bed, according to the strength of the Patient, and in his sweat let him drink Posset-drink hot; for I promise you this way will make a perfect digestion through the whole body, of whatsoever he did surfeit. This way is easie and good, and I imagine Reason will conduct you so far, that it must needs do the work without a belly full of Drugs.

C H A P. XI.

For continual Vomiting after Meat.

THere are too many now adays that destroy their own Natures; some mind the filthy

filthy lucre of this World, that they will not allow themselves time to eat, although they have Meat, and likewise an Appetite, and then in time they would eat, but then there is no Appetite. Some do fill their Carcases so much with Drink, and smoaking Tobacco immoderately, that they cannot eat, but before they come to many years, Victuals then will not go down, no, not so much as Broath; this is sad!

Now, there are two special causes of this Disease: The one is, When the first Veins which receive the Nutriment from the Stomach, are stopped: The other is, When the Body is long bound, and the Excrement very hard, so that the Patient seldom goes to the stool: In some people it is so bad, that they never go to stool, but that which remaineth after digestion, comes up by vomit.

For Cure, take notice of these Observations :

First, Take four spoonfuls of this my Apozem fasting: If that work not that day, the next take five, and so forth, always increasing the quantity untill it work: And when it hath operated, take an handful of Parsley, bruise and boyl it in a pint of White-wine a quarter of an hour and better, then strain it out, and put some Sugar in it, and the next morning drink a good draught of this hot, and keep your bed, and sweat three or four hours, and in your sweating, drink off the rest. After that, let him

him take fasting two spoonfuls of my Apozem, and let him continue it so till his Body be soluble, and that his Excrement be not dry, or stay too long in his body.

Now, my Friends, the White-wine thus ordered and taken, and sweating withal, openeth the first Veins, and maketh a passage into the body. The Apozem of mine draweth down gently the Excrement, and bringeth Nature to her usual course, to all admiration, and cleanseth the stomach of that Corruption which is the very cause of this Disease.

CH A P. XII.

For want of Appetite.

First, when the first veins do not suck, which is their Natural Action, by the which they receive food for the nourishment of the whole body: Secondly, fat and gross bodies, which are always stuffed, and so full, that Nature seemeth to be contented with what she hath, and hath little desire of more. For cure of this, remember these Observations, small, but pithy: Take for some days three spoonfuls every morning of this harmless Apozem, and in little time thou wilt find thy self exceeding hungry;

gry; it may be Beef will go down, when Chicken would not before: But if thou hast not an Appetite presently after taking of this Medicine, then take the White-wine as is mentioned in the foregoing Chapter, after the same Directions.

C H A P. XIII.

For Catarrhs and Rheums.

MAny People are troubled with this Disease, but especially Scholars, and other Students; idle Persons, and those Trades-men that stir little. I shall prescribe you a way (if you will hear reason) to cure your self without nasty Issues in your skin, and I imagine a great deal more wholesome, and better for your health for the future: For Issues weakens the Member, and opens a way for the Vital Spirit to go out, and alters the whole Body, by wasting the Natural heat, causeth a short Life; or else too fat, and fit for no employment, and so fall into Old Age the sooner. And be cautious in bleeding; for blood is the very Essence of Life, which being diminished, the Spirits must consequently be dissolved.

My Brethren, the cure consisteth more in your
own

own good Government, than in much taking of Physick, which I utterly abhor, and I trust many discreet People with me. Now for this Distemper, Observe these infallible Rules.

1. Use Labour and Exercise, for by it thou shalt stir up natural heat, and consume those watry humours which cause this Rheum and Distillations: If thou canst not walk abroad, busie thy self with some Action in the House, this will prevent Crudities, and it is the principal way in part to prevent and cure this grief: for those that labour much, are seldom or never troubled with it, as is evidently seen, which those that use little stirring or motion of their bodies, are most subject unto: for the outward parts of their Bodies are cold, so that their blood, together with the humours, remain within, neither have they any evacuation by the pores of the body, as Nature requireth, to consume this Rheumatick humour, which then seeketh another passage. Then the Patient spits much, or else a continual running at the Nose, or else it sily trickles down upon his Lungs, and causeth Coughs, Ptsicks, Consumptions of the Lungs, and Ulcerations: you must needs confess what I say is really true.

2. I advise you to eat hot meat at meals, and especially well roasted; for I tell you hot meat warms the stomach, and stirs up natural heat through the whole body, and so digesteth the humours,

humours, but withal talk and be merry at the Table.

3. Be sure to keep thy head and neck warm, and thy feet likewise dry and warm.

4. Drink sparingly, and touching thy drink Observe these few Rules.

1. Let thy Drink be somewhat strong, and not small, for small beer is waterish, and so it will add to thy Disease.

2. If thou drink, drink only at the end of thy meals, for in so doing thou wilt suppress that moisture which would ascend.

3. Let thy Drink be not over stale, sowre, or sharp.

4. Drink neither White nor Rhenish Wine.

5. If thou drink, take a Glass of good Claret well Sugared in the midst of thy meat.

5. Fast and watch, for these dry the body. I would not have you rise early, and fast long, eat little, and sit up late: But instead of those eat freely, and drink little, sleep hard, but lie warm, for then thy body will be as if thou didst labour or exercise. Now (dear Hearts) watching is unnatural, it makes a dry senseless brain, it causeth sore eyes, and a cold waterish stomach, which is worse than all.

6. Go into a warm Air, and keep thy self warm.

7. Hold your breath now and then hard, for this forceth the blood to the outward parts of the

the body, and causeth a stronger Circulation, which turneth with the stream the course of these Rheumatick humours.

Now for Cure,

If any man will follow these Rules, that so he may continue his health, (or else it is vain to seek help) first, I advice you to take six spoonfuls of my Apozem, an hour before you rise, so do for twodays, the third day at night going to bed, burn half a Pint of Canary, with a branch or two of Rosemary, brew it with some Sugar and the Yolk of a New-laid Egg, and drink it off hot, and lie hot all night; this will digest and consume those Rheumatick humours: Drink this Wine so prepared three nights together.

Note, if the party be lean, and full of blood, instead of Sack, use Ale, for Sack will inflame the Blood.

C H A P. XIV.

For the Yellow Jaundies, and all Obstructions of the Liver.

THE Yellow Jaundies proceedeth of Choler mixed with Blood, and so dispersed over the whole body.

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There are divers causes of this Disease, but I shall only treat of what is most usual, and only name the rest.

1. The biting of a Venomous Beast will cause it.

2. The going away of an hot Fever will do the like.

3. The Inflammation of the Liver will make shew of the same.

4. The weakness of the Gall, which is not able to draw from the Liver those Cholerick humours, but suffereth them to be carried with the blood through the body, and so colours it yellow.

5. The Jaundies is usually caused by Obstruction of those Vessels that are between the Liver and the Gall; which being stopped, the Cholerick humour cannot pass into the Gall, but is carried with the blood into the body, and so staineth it yellow.

6. It is commonly through the Obstruction of the passage from the Gall to the Bowels, for that being stopped, the Gall is not able to employ it self, but the Excrementitious Choler is repelled, and returneth into the body, which otherwise should colour and stain the Excrement yellow.

In these three last sorts the Excrement is white, and the Patient feeleth an heaviness in his right side, and these are common, and are thus infallibly to be cured; first, cleanse your body

Body with my Apozem for two or three days then take of the Root of Briony half an ounce, Parsley half an handful, boyl these gently in a pint of White-wine half an hour close covered, straine it out, and sweeten it with Sugar. Take a good draught of this in a morning fasting hot, and sweat upon it, and in thy sweat drink the rest; and if you are dry afterwards, drink Posset-drink, for the more he sweateth and drinketh, the more the vessels are opened, and the matter digested, and the Jaundies sooner cured. After this sweating, the next day take six or seven spoonfuls of my unvaluable Apozem, for that will carry off that Corruption. Now, if the Jaundies is not cured by once sweating, but shews it self, then sweat again once more as you did before: After this same manner is cured all Obstructions of the Liver.

CHAP. XV.

For the Obstructions of the Spleen, the hardness and swelling thereof. For the Black Jaundies, and also the Hemorrhoids or Pites, and Scurvy, which is most subject to English Bodies.

AS the Yellow Jaundies comes of Choler, so these Distempers of Melancholy, joyn-
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ing with the blood, are dispersed over the whole body: He that hath the Black Jaundies, hath always a dry, withered, and black body; and my Friends, it is difficult to be cured, and likewise it requireth great diligence of the Patient to observe what is enjoyned him: for this humour is very stubborn, and without great digestion yields to no purgation whatsoever, and that is the reason our Artists now a-days are so much fool'd in their Practice: And now to shew you to cure your selves of these Distempers, observe this Method, which will never fail of your Expectation: Take of Spleenwort; or Ceterach, the inner Rind of the Ash-Tree, the Root of Briony, and Parsley, of each two Ounces, boyl these things gently in a Gallon and half of Whey an hour and better, then strain it out, and sweeten it with Sugar, and so keep it for Use. Take of this Decoction a good draught every morning fasting, and in it two spoonfulls of my Apozem, and walk well after it, or else labour or exercise thy self, that thou mayst heat thy body, and stir thy blood, that this drink may be dispersed thorowly in thy body: so do two or three weeks together if Occasion serves. For I tell you seriously, the drink so prepared digesteth the Melancholy humour, and makes it fit for purgation; and this Apozem of mine given with it, carrieth it off sweetly. I would have you

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to

to observe withal, to embrocate your left side with Oyl of Wormwood, if you have any pain there,

The Scurvy is caused sometimes by gross and corrupt Diet, and so Seamen are most of all troubled in long Voyages, and above all things a full dyet and delicate, and using no Exercise withal, is the chief Cause of this reigning Disease in *England*; I never knew a man that fared meanly, and laboured somewhat hard in his Calling, ever troubled with it. O the strange vertue of Labour, whereby we get both our Bread and Health! which misery, if the slothful understood, they would not consume their days so in Idleness.

For Cure.

Take four spoonfuls of my Apozem in a Glas of White-wine, a week or more together, and withal, twice a day, about ten in the Morning, and four in the Afternoon, take of the juice of Scurvy-grass and Fumitory of each two Ounces sweetned with Sugar, in a quarter of a pint of Whey; do this till the Cure is finished, which will be speedily.

C H A P. XVI.

For the Green Sickness.

THis Distemper happeneth by reason of the Obstruction of the menstrual course of Nature in Virgins, so that in time the Liver is so weakned, that it is not able to convert the nutriment into blood, and then the digestion is raw, and the whole body is filled with water and flegm, instead of good blood. Now, the foolishness of Maidens to abate their high colour, and to look fine, forsake their dyet, and eat much trash, as Apples, Plumbs, Pears, Cherries, &c. such raw Fruits, and Oatmeal, and raw Milk, which instead of nourishing, causeth nothing but corrupt humours, so that their countenance looks pale and greenish, they feel a great pain in their heads, with a continual panting or beating, they are very faint, and likewise short breathed: Now, I will shew you a way to cure it without the Powder of Steel, or letting blood in the foot, which is the way of most Practitioners now days. First therefore for five or six days take of my Apozem four spoonfuls at a time; after the taking of this, take of white Briony-root

half an Ounce, and boyl it in a pint of Ale, with a blade of Mace, sweeten it with Sugar, drink a good draught of this hot in a morning, and sweat three or four hours, and in thy sweating drink off the rest hot: the next day boyl some more as before, and drink a good draught in the morning hot an hour before thou risest, and keep thee warm, but not sweat; use this order ten days, or it is better to walk, or to use some Exercise to stir thy blood, and the humours in thy body, than to lye abed; and withal eat meat of a light digestion, and so thou shalt have thy cure, *Citôtutè & jucundè.*

C H A P. XVII.

For acute Diseases, as Fevers and Agues, &c.

THese Diseases are common, yet there is now adays no sure Remedy for them. They shew themselves so in Monstrous Operations, that they put down the very *Herculean Hydra*. My Friends, I shall lay down to you a sure Method for to cure these Distempers with common things, that they may not be called the shame of Physicians.

First

First therefore, Observe all Fevers to be either an Inflammation of the Vital Spirits, or of the blood by too much motion, or else by putrefaction, or by Obstruction: For you may see daily that motion doth heat even to firing, and Obstruction doth exasperate that heat included, and so it breaks out violently, especially in things watry and putrid, as Hay laid up wet, at length fires.

Now, there are three sorts of Fevers. 1. Ephemera. 2. The Putrid. 3. The Hectick. The first burns the Spirits, the second the Humours, the third the solid parts: The first like a raging hot Wind, scorching all it meets with; The second like boyling water put into a Cask, and heats it with it self; The third like an Iron Pot red hot, heats the water poured into it.

Now, this Hectick Fever occupies the bones and Membranes, and consumes them with an unnatural heat by degrees, and insensibly, till at length it causeth death.

The Putrid Fever occupies the Blood and Humours, by which the whole Body grows hot.

The Ephemera is a more subtile flame, feeding upon the Spirits only, and therefore it continues not long, for either health or death in two or three days follows. And of this sort are the Malignant and Pestilential, which two I shall treat of by and by.

For a simple Ephemera, I shall only give thee a general Specifick, which will undoubtedly give present help: Take of new Milk a quart, put it on the fire, and turn it with a quarter of a pint of Verjuice, take off the Curd, and boyl in it two Ounces of Houfleeke bruised, and two drams of red Saunders; strain it out, and put to it two Ounces of Syrup of red Poppies. Drink freely of this Drink as Occasion serves: But if this Fever be not very violent, give a spoonful or two of my Apozem in a Morning, and you need not fail of your work. These means are plain and easie, and what grows in our own Country.

Putrid Fevers are most usual, and they are continual or intermitting: For if the Humours putrifie within the Vessels, and near the Heart, the Spirit riseth against, and kindles them, and never leaves off till it expels the rottenness, or be extinguished it self; and this Fever is continual, and often deadly. But if the Humours rot out of their Vessels that is in the Veins and Members, it is a Fever intermitting. For the Spirit riseth up at certain times, and opposes that rottenness by heat: Now, this conflict made being far from the Heart, (when it is ended) the spirit returns home: Now therefore if this putrid humour be flegm, it still returns to oppose it the next day: hence it is called the Quotidian: If it be yellow Choler, it

returns

returns to oppose it the third day, and it is called the Tertian : if black Choler or Melancholy, the Quartan.

The causes of these are, first, Flegm collects it self soonest, and makes new work for the Spirits, but is withal sooner cured; and so a continual Fever lasteth not long. Secondly, Melancholy is a dreggy humour, and doth not so soon recruit it self, and being tough and viscous, is not so easily overcome, and these Quartans are of long continuance. Thirdly, in a Tertian the spirit opposeth yellow Choler, which is hot of it self, and then there is a terrible hot conflict, and from hence they are called burning Fevers, and they are sometimes changed one into another, according as one putrified humour or another is opposed. Now, I have shewn you the signs and causes of these Fevers, I will briefly prescribe a perfect way to cure them.

CHAP. XVIII.

For the Quotidian Ague.

TAKE of Centory, of Borage, and Betony, of each three handfuls, of Fumitory an handful, of Ivy-Berries four Ounces, of white-wine a pint. Bruise the Ingredients, and digest them altogether in Balneo seven days, and then draw this off in a Glass-still with a gentle
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fire,

fire, untill you have all the water, which keep in a Glass close stopped with Wax. Let the Patient drink a quarter of a pint of this water hot two hours before his Fit comes, and keep his bed, and sweat three or four hours, and in his sweating let him drink Posset-drink hot; and in every draught put in two spoonfuls of this water: the next two hours before his fit, do the like in all things as you did before.

Now, let the Patient be kept well from the Air, and things prescribed Orderly used is most commonly cured in two days: But if by some oversight it continues longer, begin again, use the same means for two days more: But if you take four or five spoonfuls of my Apozem first before thy sweating, it will be cured the sooner.

Now, if a Child hath a Quotidian, and we cannot give these things inwardly, I will shew thee a way to cure it by outward things, Take an Ounce of Briony-root, and beat it to powder, and half as much Wheat-flower, and boyl it in a little Milk till it be like a Poultice, and put it on Clothes being warmed, and spread somewhat thick, and bind it to the Childs wrists; when it is dry, take more fresh, and apply, and you shall see it in four days to be perfectly Cured.

CHAP. XIX.

For the Quartan Ague.

THis is a Disease so hard to Cure, that it hath been accounted ever yet the Reproach of Physitians, for it resisteth the force & power of all their Medicines, whether *Galenical* or Chymical, and doth in despite of them triumph over their Patients. Now, even now will I take an hard matter in hand, but I fear my slender way will be suspected greatly by the Rabbies of this Age, for the working of so rare a cure. But being thoroughly encouraged both by Reason and Experience, I will boldly proceed on and inform you.

My Brethren, take on thy two good days (as we call them) being fasting, two Ounces of my Apozem; the third day, which is thy Fit day, take nothing; the fourth day take of the water which I prescribed for the Quotidian, four Ounces and better, well warmed, and keep thy bed, and sweat five or six hours, and in thy sweat drink hot Posset-drink, and in every draught put three spoonfuls of the Water prescribed, and one spoonful of good Wine-Vinegar: Continue this sweating four days together:

together: If the Quartan Ague have not left thee in that time, (which I think is impossible) then upon thy next fit-day, two hours before the fit comes, take the water as before, and sweat again, do so only three times on thy fit-days, and observe after this Disease hath left thee, be sure to take three spoonfuls of my Apozem for twelve days; for this Water so taken and sweating withal, doth wonderfully digest this Melancholy humour, and it excelleth all the Preparatives in the world, and my Apozem gently cleanseth the body, and carrieth it off.

C H A P. XX.

For the Tertian Ague.

BE careful to Observe this Method, for I would not bury any thing in Oblivion, or hide my Talent, for, *non nobis nati sumus.*

First, let the Patient take the day he hath not his fit six spoonfuls of my Apozem, the next day two hours before the fit comes, drink a quarter of a pint of this water here prescribed: Take of Centory six handfuls, of Endive twelve handfuls; bruise these Herbs, and Distill them with a gentle fire, and keep the water close

close stopped with Wax, let the Glass be but half full, (for it will keep the better ;) and when you have drank this water, being well warmed with a little Sugar with it, keep your bed, and sweat three or four hours, and in your sweat drink Posset-drink, and in every draught put in two or three spoonfuls of this Water : Use this means the second fit, and I question not but you will eradicate this Disease. For I tell you seriously I have cured this Disease, and many more extreme hot Fevers, by this Water so taken even in one fit ; but be sure after those fits you purge your body with my Apozem, and then you will do all things safely ; if not, there may happen some Relapse.

CHAP. XXI.

The Heetick Fever.

FOR the which I will prescribe a Dyet, by which many, even at deaths door have been Recovered, which is this ; take of New Milk three pints, turn it with a quarter of a pint of Verjuice, take off the Curd, and boyl in it of Sorrel and Marigold of each an handful, strain it out, and sweeten it with Sugar, and

and drink it in stead of Beer, when the party is thirsty. Then make this broth: Take a Capon and skin it, and get out all his fat, then bruise it in pieces, and put it in a Pitcher that holds a pottle of water, and put in it four Ounces of Raisins stoned, eight Dates, a pugil of Borage and Rosemary-flowers, and likewise put in a pint of good Claret, and half a pint of Red Rose-water, cover the Pot close, and paste it round, then put this into a Kettle of water, and so make the Kettle boyl six hours, and be careful in boyling no water comes upon the paste: Then take it out, and strain it, and drink four or five spoonfuls of this Morning and Evening.

Or use this:

Take a young Pig and scald it, and cut it in four pieces, and put six quarts of running water in a pipkin, scum it clean, and put a large handful of Sage in it, and boyl it gently till half be wasted, strain it out, and drink it Morning and Evening warm. But if the party be not much wasted away, let him take a large spoonful of my Apozem now and then of a Morning, for it will cause him to have an Appetite.

CHAP. XXII.

For the Plague, and all Malignant Fevers.

THere be three special causes of this Disease :

The first is, the just Judgment of God for the sins of the People : In this case I hold with our Divines, that it cometh as it were, by the Commandment of God, and then vain is the help of Man, when the power of the Almighty worketh to destroy ; wherefore Repentance and amendment of Life is the salve for this sore. Yet seeing we know not his determinate will and pleasure, I wish no man to neglect such Natural means as our Eternal Father hath provided for the preservation of our Natural Bodies, lest by so doing we sin, and tempt our Creator, and the Preserver of all Mankind.

The Second cause proceedeth of the Corruption of the Air, which is of two sorts, either general or particular : The Air is generally Infected by the distemperature of the Heavens, when the weather is long dark, cloudy, foggy, stifling, very hot and moist, and also our bodies faint, we loath the breath we draw
in

in and out, then it is difficult to keep meat sweet, and the Heavens do as it were refuse to draw the Corruption from the Earth, but yield down again such as they had taken away before. The Air is particularly infected by the smell of dead bodies, especially in Fights, when those that are slain lie unburied, which Infecteth that particular place. Also a putrid smell in your Fenny and Marish ground, and especially the smell of such bodies as resort and lodge very close in one small Room, as in this City of *London*, and when People are fluttish and nasty, which Infects the Vital Spirits, and breeds such Corruption, which at last bursts out into the Plague.

The Third cause proceedeth of corrupt humours in mans body, ingendred by bad Diet; and these two last come by Gods permission, as the first comes by his Commandment.

For preventing this heavy Visitation.

1. Make fires in the streets to cleanse and purifie the Air.

2. Let People walk out into the Fields, to take the fresh Air, and let their Houses be made clean and sweet by strewing sweet-herbs, and airing their Beds, and opening their windows to let the Air in.

3. Let no House be over-pestered with too many

many Lodgers, and let all vagabond and lazie unnecessary Members be forced out, for this will cleanse a City as a Purge will a man that is full of Corruption.

For Cure, take these Observations.

Take of Endive-water two pound, Centory-water one pound, Ivy-berries half an handful bruised; boyl these gently a quarter of an hour, strain it out, and dissolve in it of Mithridate or Venice-Treacle two drams, Sugar an Ounce and half, Wine-Vinegar three spoonfuls: Now, as soon as ever the Patient doth complain, and Nature is yet strong, give him a quarter of a pint of this Drink fasting, being warmed, and let him sweat in his Bed eight and ten hours if he can bear it, and in his sweating drink hot Posset-drink, and in every draught two or three spoonfuls of this drink: when he riseth, get him some broth, and be careful to keep him from the Air: If he do not find ease in his sweating, the next day do the like: This way will cure him without having a sore, or else it will help Nature so far, that it will force out the sore speedily: unto which use these Applications. First, embrocate the Tumour or Carbuncle with Oyl of Lillies, being warmed, then take two yolks of Eggs, a dram of Saffron pulveriz'd, Linseed Oyl, and Oyl of Camo-

Camomil of each a dram; spread it upon Cloth somewhat thick, and apply it: Use this course, for it will speedily break it, then dress it according to Art. After the same manner are cured all Malignant Fevers, and Epimedical Diseases.

C H A P. XXIII.

Of the Gout.

THE Gout is an extreme raging pain, which most commonly seizeth on the Joynts. He that is troubled with this Disease, hath commonly a depraved Stomach, and a windy Habit of Body, and when the Body is any way Costive, then the party is Distempered. In this Disease I shall prescribe you common things, but effectual; I hate those Monsters of *Indian* and *Arabian* mixtures, which instead of eradicating the venemous Seeds of Sickneſs, do leave behind them a crazy Constitution, and a bad Complexion.

1. If the pain be wandring, the Party is Distempered in many places, and sometimes so bad, and the pain so violent, that he is not able to stir, nor endure any one to help him:

If you Purge in this, you add fire to fire, the Humours are so exceeding fluxible, onely use this Drink, the which none can excell it. Take New Milk a quart, turn it with a quarter of a pint of Verjuice, take off the Curd, and boyl gently in it two drams of Long Pepper, a dram of Ginger, half a dram of Saffron; sweeten it with Sugar, and put three spoonfuls of my Apozem in it: drink freely of this hot, and sweat upon it, the more you drink, the better. And anoynt where the pain is with an Unguent, called *Anodinum Jovis*, you shall have it made by Mr. *Fisher* aforesaid, which is the greatest Anodine in Nature for to give ease in that intollerable Disease.

2. If the Gout seizeth particularly upon a part, and is there setled; Then for some days take four or five spoonfuls of my Apozem, with two spoonfuls of White-wine in it; this will cleanse thy Body of those Humours, and remove that flatuosity, which is the cause of thy Disease: And to the place grieved use these Directions, Anoynt the place gently with my Anodine, and apply upon it this Cerote, which will discuss the humour, and strengthen the Part. Take the white of two Eggs, Bay-salt dried well, and powdered small, half an Ounce, Mithridate and white Briony-Root in powder, of each two drams, Bole-armonick three drams, Oyl of Broom an
D Ounce.

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D Ounce.

Ounce, Spirit of Wine two Ounces, and so use it. And let me Advise you for the Future, to prevent this Disease, to take my Apozem a week together, four times in a Year, which will make a general Evacuation of thy Body, for the Benefit will redound to thy self, and then you may revive the Spirits now and then with a Glass of Rich Canary moderately taken.

CHAP. XXIV.

A New way both to prevent, and to Cure the Stone, by dissolving it.

THE Learned and wise Physitian *Fuchsius*, having written much concerning the Stone, in his Book *De Medendis Morbis*, at last concludes with this Sentence, in *English* thus. Goats Blood is a present Remedy both for the Stone of the Kidneys and Bladder, for it dissolveth those that are there already, and voideth them by Urine, and suffereth no more to ingender, and taketh away the pain also. Now, following the steps of this Excellent Physitian, I have (by God's Providence unto me) found out a Wine, called *Vinum Albinis*, made of our *English* Vegetables, which

is of a very ful tile and piercing Nature, the which mixed with equal parts of the Blood of the Goat, I have with my great charge drawn off a pure and clear Liquor, which being drunk, doth forthwith pass through the Liver, Reins, and Bladder, and in forty days really Dissolve the hardest stone in Mans Body. I have given my Bill to Mr. *Fisher* aforesaid, to draw off this Liquor, which is called the *Quintessence* for the Stone.

1. For those that are from their Parents Naturally inclined thereunto, or otherwise do fear the Disease, and would prevent the same, I do Advise them to take Twenty days together, both in the Spring and Fall, two spoonfuls of this *Quintessence* every Morning fasting, and to fast an hour after it, which will (I experimentally avouch to thee) preserve them from the Disease.

2. For those that are troubled with the Stone, and do feel those bitter Passions, and those sharp Intolerable pains, I do prescribe this way: Take in a Morning fasting four spoonfuls of this *Quintessence*, and fast two hours after it, and whilst you take it, use no violent motion of the body, but gentle walking, or such like, lest the stone beginning to break, the pieces thereof should fall into the narrow Vessels between the Kidneys and the Bladder, or from the Bladder into the Yard,

and so cause great pain and torment; and this way I wish you to use as long as you find any Gravel to void. And many times the Gravel does come away, and yet not be discerned, as my late Experience hath taught me. I think it fit here to shew the strange working of my Quintessence. If you put into a Glass of wine a piece of soft and hollow Sugar, the Wine entreth presently into all parts thereof, and causeth to fall like a sandy substance in the bottom of the Glass: But if you put into a Glass of Wine a piece of white, hard, and perfect Sugar, it resisteth the Wine, and suffereth only the outward parts to be dissolved in long time by degrees. So likewise it is by this Quintessence, for if it find in the body an hollow, soft, and gritty Stone, and presently entereth it, and dissolveth it, and causeth it to come away in Gravel, being not able to endure the Action or working of the Medicine: But if the Stone be hard, long digested, and having his substance soundly compact together; This Medicine cannot enter the same quickly, but only worketh upon the outward parts thereof, and the more strongly it abideth and resisteth, the more perfectly doth this Quintessence dissolve the same: For Proof of this, if in taking this Medicine you find no Gravel to come away; set your Urine made after the taking of the Medicine, in some open Vessel upon a soft fire, and

so let it stand till all the water be evaporated away, and you shall find a gritty substance in the bottom, if you are troubled with the Stone.

Now, if the stone be great in quantity, and much baked together, you must use this Medicine longer, and not look to be Cured Miraculously, by the use of it a day or two; but I tell you it will be absolutely dissolved in forty days, as I have often Experienced.

Now, my Friends, if a Man be very Ancient, and is troubled with the Stone, it many times happens that his Kidneys and Bladder are Ulcerated, but chiefly the Bladder, then I wish him not onely to use my Medicine as prescribed, but also to Observe diligently this diet; abstain from all Wine, Strong-waters, Stale Beer, Verjuice, Vinegar, Cider, Salt and Salt Meats, all Spices, Oranges, Limons, Mustard, and all raw Fruits, and from all things that cause the Urine to be sharp and fretting.

For although the Stone be dissolved and voided, yet the party may have little ease, because the Urine is sharp, and coming to the Ulceration of the Kidneys or Bladder, will cause great pain, and suffer not those parts af-

fecte to heal, but rather increase the grief. If any man is troubled with Exulceration of the Reins or Bladder, the manifest and continual pain thereof will Declare the same. And also pain in making water, and difficulty; for it drops rather than runneth, because the expulsive faculty is decayed; and if the Kidneys are Ulcerated, then have you pain in the Loins, and often cometh away with the Urine, a slimy corruption like the white of an Egg, or filthy blood, or the like.

I would Advise all those that are troubled with these Exulcerations, not to torment their Bodies with much Physick, for they may have ease, but I tell you, never Cured. My Counsel only is to take the Medicine to dissolve the Stone, and to avoid those things that cause sharpness of Urine, which I have recited before. But for healing those Ulcerations as near as may be, drink a good large draught of Goats Milk every Morning fasting, or else make a Syrup of Plantain, and take two ounces in a draught of Ale every Morning, which is admirable good for those Grievs.

But lest, my Brethen, this most Excellent Medicine should be slandered, by being taken by any man that is troubled with the Stone, and doth not find such a Remedy as I have

have promised in this Treatise, let him come to me, I will be ready without either penny or penny-worth, to do what possible I can for his further Cure : And if I break my promise herein, let me rather be thought a Deceiver than one that seeks to benefit his Country.

C H A P. XXV.

For Long Life.

TO Live for ever, and to become Immortal here on Earth, is a thing impossible: But to prolong a Man's Life free from violent Sickneſs, and to keep the Humours of the Body in a Temperate ſtate, I verily believe it may be done; firſt, by Gods permiſſion, by Obſerving a good Dyet, and uſing this Receipt following.

Firſt, uſe not thoſe things which greatly digreſs from that Conſtitution and Mediocrity in which Man was Created: Now, all Phyſicians do call every thing hot or cold, in reſpect of the Nature of Man; ſo things may be hot in the firſt, or ſecond, or third, or fourth Degree; ſo likewiſe on the contrary for coldneſs: ſo we may gather from hence like deſireth like, and abhorreth the contrary. Now, thoſe things that are like, and agree beſt with the Nature of Man, are good, wholeſom, uſual Meats and Drinks, a dry, freſh, and ſweet Air, moderate Sleep and Labour; which although they are allotted to us for a puniſhment

punishment by God our Creator, yet Mercifully withal he hath made it a necessary means to preserve our Healths. Now, those things which dis-agree most with our Bodies are these: All Wines, Spices, Salt Meats, and all hot things which are so by Nature, which a man may know by the Taste; for they either bite like Pepper, or fret like Salt, or else leave some manifest heat in the mouth. Now, on the contrary, avoid all raw Fruits, and cold Herbs, and such things of the same Nature; much use of Sauces devised by such whom many times our Just God punisheth by want of Appetite, and having Meat at will, as the Poor for want of Meat have a good Appetite. And likewise shun to Live in a thick foggy Air, or idly, and exceed not in Eating or Drinking, which we call good-fellowship; sleep not too much, or watch much, or use much those venereal Actions.

Now, seeing all People are subject to death, which was allotted by our Creator to Man for Sin; and so we are sensible that our Bodies, as yielding thereunto, do by degrees gather always Corruption. For to preserve our Healths, as much as in us lies, untill we have run that Race which Almighty God hath appointed, I shall commend unto you, and wish you all to make use of this Receipt which followeth.

Take

Take of Borage and Parsley, of each an handful, boyl them in two quarts of Clarified Whey, half an hour gently; strain it out, and keep it in a clean Vessel: Drink a good draught of this every Morning warm, putting therein three spoonfuls of my Apozem before mentioned, and so continue drinking it ten days every Spring and every Fall; if thy body requires more, drink it longer: By this means thou maist prevent many Diseases, and keep thy body in a very good condition: This makes Women apt to Conceive, if (during the taking) they live Chast, and maketh Men quick and nimble in all their proceedings.

The Prizes of the Medicines Contained in this Book, viz.

The *Apozem* Sold at 5 s. a Pint.

Ung. Splendidum, for Red Faces, at 2 s. an Ounce.

Anodinus Jovis, for the Gout, at 2 s. 6 d. an Ounce.

The *Quintessence* for the Stone, at 20 s. a Pint.

Vinum Aromaticum, at 15 s. a Quart.

Here

Here followeth three Special Means prescribed by the same Author, For to Preserve the Body of Man in Health to extreme Old Age. 1. By the Use of his Aromatick Wine. 2. By Bathing. 3. By annointing the Body.

SEeing that *Lignum Aloes* is one of the chiefest Ingredients which is used in the making of this Our *Vinum Aromaticum*, and such as yieldeth the greatest virtue thereunto, I shall declare briefly what I have Read thereof.

Lignum Aloes is the Wood of a Tree, which groweth (according to some Writers) in divers parts of *Babylon*, and others do affirm, that it is one of the Trees of Paradise, whose Boughs falling into the waters, are carried by the swiftness thereof into other places far from thence, where the Inhabitants find them, and send them into divers parts of the World. This Wood being cut into small Chips, and laid upon Coals, I assure you yields a Fume most pleasant and very healthful for the body, for it comforteth the brain and all the Senses wonderfully, and entring into the Lungs with the breath, preserveth the same, and expelleth all evil and Infectious Air: It hath been always very rare, and of great Value, sometimes valued with the weight of Silver. Kings and Princes in Old Time did use to burn it in their
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Chambers, and to perfume their Bedding withal, that in sleeping they may draw the savour of the same into their Bodies. Also great Prelates (who were never behind for preservation of themselves) used the like in perfuming their Altars and their Vestments, and gave the poorer sort leave onely to use Frankinsence, a thing of far less value. I found once (in *Magdalen* Colledge Library in *Oxford*) a Book made by a Fryer, which was an *English* man, a great Discourse touching the Nature and vertues of this Wood, which he preferreth before all the known Simples in the world, and commendeth it wonderfully being steeped in wine, and so taken. And he writeth of an Oyl made thereof, which was sent from Prince to Prince, for a most precious Jewel, but in exceeding small quantity. The making thereof he sheweth, but very Mysteriously. He Reporteth likewise of certain Priests which had this Oyl, wherewith they would annoint the Noses and Lips of such as lay very sick, and using some devout Prayers, and often onely thereby recovered them; whereupon in sight of the People they were thought to work Miracles, and were had in marvellous Estimation. For they were called Holy Men, by working these effects by their Prayers, which was to be attributed to this Oyl. For the wonderful vertue of this Oyl entring into the Nostrils and Mouth, directly
 unto

unto the Lungs and Heart, the two principal Members of Mans Common-wealth (I mean his Body) maketh a very strong supply in the Conflict between Nature and the Disease, which is the cause of so sudden Recovery. At last this Oyl came into the Popes Jurisdiction, who kept it as a wonderful Treasure, and sent it to divers of his Princes, whose vertue while it was well and truly made, the Fame and price thereof was great. At length it was Counterfeited, and then there was enough for whole worlds, and then both Priests and People had it from *Rome*. And unto this day the Priests useth an Oyl unto the Sick, but the vertue is gone, and they cease from working of Miracles, and yet they will continue their Form of extreme Unction, which they call *Sacramentum extreme Unctionis*, uttering divers Prayers, and annointing the Nostrils, Mouth, Ears, Eyes, Palms of their Hands, and Soles of their Feet, and Reins of the sick, for these are *Sensuum Organa*, whereby sin entreth into the Soul of Man.

THE Vertues of this our VVine are both great and many, answering in many respects the vertue of this Oyl. First, it keeps the Body soluble, and is good for such as seldom goes to Stools, it cleanseth the Stomach of all Corruption, and openeth the Liver and Spleen, that a Man shall have a good and clear
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Complexion, it strengthens the Vitals, and maketh one merry and chearful, it cleanseth the Brain, and keeps the Senses in a perfect Condition, it revives the whole Archeus of Nature, so that the whole mass of Blood is purified: Also good for all Womens Diseases, and the onely Preservative against the Plague, and may be taken from two spoonfuls to five or six, it is good to fast an hour after, and to use it onely in the Morning, which being Observed, I restrain you from no further Liberty. And I have delivered my Bill for the making of this our *Vinum Aromaticum*, unto my Trusty and well beloved Friend, Mr. *Fisher* aforesaid,

OUR Fathers in former Time were wont to use a very slight kind of Bathing, now and then they boyled Herbs in water, and therewith did bath and rub their Bodies, towards Night, which thing now is greatly neglected. It is too good a way to preserve Health, than that we should lightly esteem thereof. For it taketh away such Corruption as Nature casteth out by the Pores, which otherwise would by chance cause Scabs, Itches, or the like, and keepe the Body sweet from rank savours of sweat, wherefore I prescribe thee one general Bath, which will be effectual. Take Rosemary,

mary, Balm, Hyfop, Mallows, of each two handfuls, boyl these in four Gallons of Spring-water, untill the third part be consumed, then strain it, and put thereto one Gallon of New Milk; bath your Body with this warm by the fire side, two hours after Supper: It is very good to use it four times in the Year at the least, and in the Summer once or twice every Moneth.

After Bathing rub the Body dry with a clean Linnen Cloath, and presently upon it annoint your Body very lightly over with this Oyntment, use no more than what your Body will dry in. Take of green Balm in *June*, when you find it in the chiefeft strength, and chop it very small, then take good sweet Oyl, and the fat of a Buck kill'd in the midst of Summer, or the fat of a Stag, which is better, in equal quantity; let these things stand in a very gentle heat together eight or ten hours, then strain it out, and keep the Oyntment in some clean Vessel. This Oyntment keepeth the Joynts supple, maketh the Sinews nimble and plyant, and it cureth the dryness of the skin. They which will use these means shall find themselves healthful and strong, valiant, and more lusty, for it defendeth the Body from the coldness of the Air, and thereupon avoideth all aches of the Joynts and Sinews.

Vae.

F I N I S.